Report on Extension Lecture
“Mental Health Matters”

The Psychological Counselling Cell, in collaboration with the Women’s Development Cell and the Literary Club of the College , organised an extension lecture titled **“Mental Health Matters”** on 19 October 2026 as part of the **celebration of Mental Health Week 2026**. The lecture was delivered by **Dr. Firdous Ahmad War**, who highlighted the importance of mental well-being and the need to promote mental health awareness among students.

. The Principal of the college, **Dr. Gazala Gaiys**, warmly welcomed the resource person and shared personal experiences of managing stress during her Ph.D. journey. Drawing from her academic experiences, she offered practical insights into coping with stress, maintaining perseverance, and balancing academic responsibilities with personal well-being.

In his interactive session, **Dr. Firdous Ahmad War engaged actively with the students**, encouraging them to share their concerns and reflect on the challenges affecting their mental well-being. He discussed the importance of recognising stress, developing healthy coping strategies, maintaining emotional balance, and seeking support whenever needed. His interactive approach created an open and supportive atmosphere, enabling students to participate, ask questions, and gain practical insights into managing everyday stress.

The programme underscored the importance of mental health awareness in fostering a healthy and supportive academic environment. The session was moderated by **Prof. Aliya Muzaffer** and concluded with a vote of thanks proposed by **Mr. Tahir Ahmad from the Department of Psychology**, who expressed gratitude to the resource person, the Principal, the organisers, and the participants for their valuable contributions to the programme.









Submitted to Principal for approval

Aliya Muzaffer
Convenor Psychological Counselling cell

Prof. Dr Gazala Gaiys
Principal